

NURSING THE SICK AT HOME

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If you are caring for an invalid at home, make her room as clean and attractive as possible. There should not be a carpet, but rugs on the floor, so that the floor can be wiped up with a damp cloth. The rugs should be taken out once a week, put on the ground and swept.

Dust the ledges, shelves, chairs and tables with a damp cloth. Everything in the room should be wiped off once a day.

If you can get the patient out of the room while it is being cleaned, it is better. If this is impossible, clean it, as quietly and quickly as you can, without worrying the patient.

There should not be too many unnecessary knick-knacks in the room. Have only what is useful or pleasing. Do not have woolen curtains, but some simple cotton material that can be washed often. Have the bed comfortable, a good thick mattress, and a smooth spring.

It is more convenient to have the bed stand one foot from the wall, so that you can go behind, for pulling up your patient in bed, or readjusting the pillows. The bed should be made up freshly each day. If the patient can get up the mattress should be turned, the sheets cooled and fresh pillow case, if you can con-

veniently use so many.

If the patient can't get out of bed, you should twice a day brush out all the crumbs, smooth the sheet so there will be no wrinkles and tidy up the bed and pillows.

The hospitals have an easy way of using a draw sheet. This is a small sheet put across the bed over the bottom sheet, and just under the patient. It can be slipped easily and shaken, and the cool side put uppermost.

To do this without moving or lifting your patient, have the sheet in folds, up and down the bed on the right side. Then tilt or turn your patient over to the left side and pass the end of the sheet and some of the folds under her. Next go to the left side of the bed, turn your patient to the right, on the clean sheet and draw the end over to the left side. Now tuck it under the mattress tight, so it will not slip and wrinkle. The sick room should be well aired.

Often the family use the sick room as a general sitting room, so as to "entertain" the ill one. This is unwise in most cases, as sick people should not see too much company. Besides too many people in one room use up the good pure air and make it heavy and unclean. Thus the patient feels drowsy and gets a headache.

If the patient wishes to be kept warm and not feel the air, you can open the door into the next